SEASON'S ANKLE BOOTS HOT, SASSY, PG 11

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Celebrity Buzz

Rutherford reaches custody deal

pg 14

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Alberta sending firefighters to British Columbia

WILDFIRES The province is sending up to 150 firefighters to British Columbia to fight raging wildfires, the premier said yesterday at the Council of Federation meeting in Regina.

"Alberta is ready to lend firefighting resources to help our neighbours in a time of extreme wildfire activity and hazard in B.C.," said Alberta Premier Ed Stelmach.

B.C. Premier Gordon Campbell, also attending the meeting, said they were thankful for the ongoing help from the other provinces and one territory in the ongoing battle. Additionally, Alberta has also sent one air tanker and more than 30 personnel to help fight wildfires in Yukon. METRO CALGARY

Slalom event **Drenched Fest**

ROBIN KUNISKI/FOR METRO CALGARY

Thomas Moore from Edmonton does slaloms during the World Water Ski Championship in Calgary yesterday. Tonight Drenched Fest will kick off the live music portion of the event for the rest of the weekend.

Impacted victims

Families testify to their loss at Tschetter manslaughter trial

LAURENCE HEINEN
for Metro Calgary

Emotions ran high yesterday as relatives impacted by a horrific five-person traffic fatality read victim impact statements to a packed courtroom.

"It's a very powerful public display of the enormity of the crime," said crown prosecutor Jonathan Hak during a break from the sentencing hearing for Daniel Tschetter.

Tschetter was convicted of five counts of manslaughter and one of attempting to obstruct justice stemming from a Dec. 7, 2007 accident that claimed the lives of Christopher Gautreau, 41, his daughters Alexia, 9, and Kiarra, 6, his girlfriend Melaina Hovdebo, 33, and her son Zachary, 16 months.

"My life has been smashed into pieces," said Previna Jaiwan-Gautreau, Alexia and Kiarra's mom. "Nothing can put my family back into shape as it once was."

While Hak submitted that Tschetter deserves a jail sentence between 11 to 16 years, defence lawyer Balfour Der argued that Tschetter should be sentenced to three years of house arrest.

Tschetter also addressed the court to express remorse for rear-ending the victims' vehicle at the intersection of Macleod Trail and 194th Ave.

"If I could exchange my life for the five that I took and take away the grief that your family and my family is enduring, I would do so," said the Cochrane cement truck driver.

Following the hearing, Zachary's dad Lee Cameron said he's not ready to forgive Tschetter.

"I'm not at that point," said Cameron, who was wearing a button with a smiling picture of his son. "I would like to probably go toward the idea (that) he is a human being, he does have feelings. Perhaps it was sincere. I'm so numb right now, I really don't know."

Judge Bruce Fraser will deliver his sentencing judgment on Oct. 7.

Hunter deplores 'poachers' in video

LAURENCE HEINEN
for Metro Calgary

SOCIAL MEDIA A YouTube video depicting three men shooting ducks has one outraged Alberta hunter turning to social media to inform the public that those in the video are poachers not hunters.

Avid hunter Carl Wagner, creator of the Facebook group "Get the Poacher," said the video is another struggle for legitimate hunters to keep their name clean.

"We are always constantly fighting to have our name be separate from that of a poacher," said Wagner.

Darcy Whiteside, from the Alberta government Sustainable Resource Development, said the video is shocking and those involved shouldn't be considered hunters.

"The last thing that (hunters) want is to be associated with acts like this."

Whiteside said officials are still unsure exactly where or when the video was taken, but it appears it was likely filmed in Alberta or possibly Saskatchewan.

Whiteside said those involved could face serious charges for shooting out of a vehicle, shooting on the side of the road, the type of rifle used and if it was out of hunting season.

Anyone with information can leave an anonymous tip at Report a Poacher 1-800-642-3800.

Canada pg 3

Not guilty for capital mayor

Sports pg 6

Balsillie will get NHL bid

Food pg 8,10

Hot sandwich and cool bar

Text alerts to keep you from overspending
fido
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Free Daily News Group Inc., operating as Metro Calgary. 120, 3030 - 3 Avenue NE, Calgary, Alberta T2A 6T7. Publisher: Steve Shrout

RCMP warn escaped convict could be headed to Alberta

RCMP are warning the public about a man who escaped from the Prince George Correctional Centre who could be headed to Alberta. Timothy Shawn Preddy escaped last Sunday and has several tattoos, including a full sleeve on his right arm and a dragon and demon on his chest. Anyone who sees him is asked to call police. METRO CALGARY

Local

Virgin Festival ready to rock

Over 20 bands are set to rock the stage during Virgin Festival 2009 at Canada Olympic Park this weekend. Pearl Jam is headlining the event Saturday, while Billy Talent will close the weekend on Sunday. For more information, visit virginfestival.ca.

METRO CALGARY

Students get boost just in time for school

SunnySide

ALYSSA JULIE
for Metro Calgary

CHARITY They fought over the pretty pink backpack, admits Gala Restrepo, but her two daughters Maria and Patricia were ecstatic when each girl received packs from the Salvation Army.

Restrepo's younger daughter Patricia, however, is the lucky girl who will carry the pink backpack on the first day of school.

"They would have fought even if both backpacks had been pink," Restrepo said. "They wouldn't want the same colour."

There are still a few school supplies she needs before the girls go back to school, but Restrepo said the donations have helped.

Last year, the Salvation Army and Sleep Country Canada collected and distributed almost 13,000 backpacks to low-income Calgary families, said spokesperson Pam Goodyear. This year, they expect and hope to donate even more.

"This way, they will be able to go back to school without feeling singled out because they don't have what other children have," Goodyear said.

The Salvation Army is looking for donors to help with school supplies such as rulers, pencils, notebooks, and sometimes even dictionaries and calculators. For more information, visit sleepcountry.ca or ab.salvationarmy.ca/events.htm.

A backpack full of school supplies, courtesy of the Salvation Army and Sleep Country Canada.

New home sought for rescued kitten

8-week-old cat lost leg after serious injuries

KRISTA SYLVESTER
krista.sylvester@metronews.ca

When he was found, Jackson, an eight-week-old kitten, had a shattered pelvis and a serious leg injury.

Now nicknamed "Hope4-Jackson," the orange tabby is sporting an amputated leg but is ready to be adopted into a good home, said Bev Johnson, the kitten's foster mother with Meow Foundation.

"It's heartbreaking so see some of these kittens come in like this, especially because when you pick them up they purr and want to be loved," Johnson said after writing to Metro.

Johnson already has three cats, including two rescue cats, but said she is caring for Jackson until someone else can adopt the "lovable and friendly" kitten.

"His pelvis was broken so bad he had to be amputated," she said.

Victoria Ross, adoption manager for the Meow Foundation, said while it's only speculation, the veterinarians who examined Jackson's injuries indicated the kitten was kicked.

ROBIN KUNISKI/FOR METRO CALGARY

Bev Johnson with rescue cats Tapioca and Jackson, right. Jackson had his back leg amputated, a result of what veterinarians have speculated was a kick.

"Unfortunately, it's a reality in the city. Sometimes they are hit by cars, sometimes other animals, but sometimes humans do this," Ross said, adding Jackson was rescued from northeast Calgary.

"We are at full capacity and need to adopt out some of these kittens so we can take more in. And we're also always looking for temporary foster homes too," Ross said.

Johnson also has a five-week-old grey female kitten named Tapioca who needs to be adopted after she was found wandering the streets alone.

For more information or to adopt, visit meowfoundation.com.

Calgary in brief

DOG A Jack Russell terrier that was stolen from a family's yard in the northeast community of Temple on Sunday night and beaten by a group of boys has been returned home. A young couple found "Pinball" yesterday after he ran away from the boys a couple days before.

GREY CUP A limited amount of tickets remain for the 2009 Grey Cup game at McMahon Stadium. The November game has only about 1,000 tickets left, which are mostly located in the end zone. Tickets can be purchased through ticketmaster.ca

HOMES In July, the number of single-family home sales was 1,585, down 14 per cent from the previous month, according to the Calgary Real Estate Board. However, this was 21 per cent higher than the same month last year. METRO CALGARY

metronews.ca
WHAT'S ONLINE TODAY

Video Calgary's miserable summer weather has taken a bite out of outdoor life at **metronews.ca/local**

Video A judge acquits Ottawa Mayor Larry O'Brien of influence peddling charges, citing a less than credible witness, at **metronews.ca/canada**

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These results are not official.

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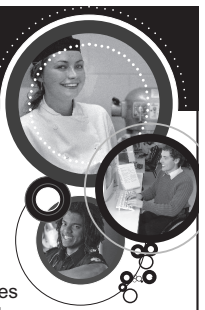

The Service Canada Centre for Youth in Calgary will be closed as of August 7th, 2009.

We would like to thank the employers who helped local youth find jobs, as well as all the participants who made our summer events such a success.

We look forward to serving the community again next summer.

Le Centre Service Canada pour jeunes de Calgary n'offrira plus ses services à partir du 7 août 2009.

Nous tenons à remercier les employeurs qui ont aidé les jeunes en leur offrant un emploi et tous les participants qui ont contribué au succès de nos activités.

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Majority believe A-bomb attacks warranted: Poll

Sixty-one per cent of Americans believe the United States did the right thing by dropping the atomic bombs on Japan 64 years ago, according to a new poll. Older voters, men and Republicans favoured the attacks more than younger people, women and Democrats, the survey of 2,409 people by Quinnipiac University showed. REUTERS

Canada/World

Ottawa mayor found not guilty

TRACEY TONG
Metro Canada

After reading a 21-page written decision in a packed room at the Ottawa courthouse yesterday, Justice Douglas Cunningham dismissed both charges against Mayor Larry O'Brien.

O'Brien was found not guilty on two charges of influence peddling which stemmed from allegations that he had offered to help Terry Kilrea obtain a position on the National Parole Board in exchange for Kilrea withdrawing from the mayoral campaign.

Cunningham said O'Brien may have made a rookie mistake, but "it is not an offence to want an opponent to withdraw from a political race, nor is it a offence to encourage an opponent to seek alternative employment," he said. "Were this an offence, there would be a need for many more jails."

MIKE CARROCCETTO FOR METRO CANADA

Ottawa Mayor Larry O'Brien, centre, gives a thumbs-up as he exits the courthouse yesterday after the verdict was delivered. Two influence peddling charges against O'Brien were dismissed.

Journalists 'home and free'

RELEASE Two American journalists freed by North Korea tearfully reunited with their families in California yesterday while Washington tried to squelch talk of a breakthrough with Pyongyang.

U.S. President Barack Obama said he was "extraordinarily relieved" at the women's return but insisted the way for North Korea to improve relations with the United States was to give up nuclear weapons and stop its belligerent behaviour. The release was secured by former President Bill Clinton in a meeting Tuesday with reclusive leader Kim Jong-Il, the first high-level U.S. contact with North Korea in nearly a decade.

Laura Ling, 32, and Euna Lee, 36, reporters for a cable television venture co-founded by Clinton's former vice president, Al Gore, arrived with Clinton at Burbank airport near Los Angeles aboard a private jet from North Korea.

The two Current TV journalists were arrested on March 17 for illegally crossing into the North from China and had been reporting on the trafficking of women.

They were both sentenced to 12 years of hard labour in June.

Ling said they both feared they could be taken to a hard labor camp when they were led instead Tuesday to a location where Clinton was waiting for them.

"We knew instantly in our hearts that the nightmare of our lives was finally coming to an end. Now we stand here home and free," she told reporters. REUTERS

KEVORK DJANSEZIAN/REUTERS

U.S. Journalists Euna Lee and Laura Ling, top, arrive back to their families in California yesterday.

Parliament meets to discuss Nortel sale

WIRELESS Canadian legislators will hold an emergency day-long meeting tomorrow to examine the proposed sale of wireless assets from bankrupt Nortel Networks to Sweden's Ericsson, a deal that opposition parliamentarians say could be bad for Canada.

The investigation by Parliament's industry committee does not have the power to overturn the sale.

REUTERS

Proposed name change would be risky move for NDP: Expert

POLITICS A proposed name change to make the storied New Democratic Party of Canada appear dynamic and modern looks certain to get lost in translation.

Just ask François Bayrou. The French politician changed his party's name in 2007 to the Democratic Party — the very name being proposed by some NDP members — and then very quickly changed it again to "Democratic Movement."

The reason? According to some observers, it was because the initials in French ("Parti démocrate") sounded like "pédé," an offensive term for gays that is short for "pédéraste."

Tinkering with a party brand can carry unintended risks, said David Soberman, a professor at the University of Toronto. It evokes memories of another political rebranding misstep — CCRAP (the Canadian Conservative Reform Alliance Party).

TORSTAR NEWS SERVICE

Gym killer wrote about shooting online

MURDERS A gunman who killed three women and injured nine others before killing himself at a gym in suburban Pittsburgh wrote on his web page about years of rejection by women, struggles with alcohol, domineering family members and an earlier failed shooting attempt, CBC News Online reports.

The three women killed Tuesday night were Heidi Overmier, 46; Elizabeth Gannon, 49; and Jody Billingsley, 38. The gunman was identified yesterday as George Sodini, 48.

METRO NEWS SERVICES

Retrial in murder may be halted

RUSSIA A Moscow court could halt the retrial of three men for the murder of Kremlin critic Anna Politkovskaya after prosecutors agreed yesterday the case should be merged with an investigation into who ordered the hit. REUTERS

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Comment

Final resting place for relationships

Relating

History is said to be written by the victors, but sometimes it's written by its prisoners, those who just can't stop thinking about it.

Take, for example, Relationship Obituaries (relationshipobit.com), the website created by NPR reporter Kathleen Horan to give the lovelorn a place to eulogize their dead relationships, remember good times gone, chew over old grudges, or just try to figure out what went wrong.

More than 1,000 contributors have posted their stories online and Horan has gathered the best of them into a book, Relationship Obits: The Final Resting Place for Love Gone Wrong.

The idea of a relationship obit makes emotional sense. There is real grief in a breakup. It came to Horan as she dealt with the twin shock of her father's death and getting dumped by her boyfriend. Writing her father's obituary seemed to help her make sense of things, so she wrote another one for her relationship.

"It was a goofy thing to do, but it made it feel real so I could finally cremate the thing and move on," she writes.

On the web

- For more views on relating, go to Love Bytes at metronews.ca/blogs

As for taboos about speaking ill of the dead, or the revisionist politeness that creeps into all but the best obituaries, little can be detected. Obit and autopsy are rolled into one as contributors are encouraged to diagnose the cause of death.

Since they are almost all written by one party to a relationship, they are necessarily one-sided affairs, and some really put the bitch, bitch, bitch in obituary.

Not that a lot of it doesn't sound justified. Utterly credible stories of cheaters, abusers, boozers and losers abound, sometimes all in the same obit.

Most of the writers seem to be women. This may or may not surprise you. It didn't surprise me. The freshly ditched man is, in my experience, less likely to spend weeks or months meticulously measuring and apportioning blame than he is to immediately gather buddies and beverages to convene a rigorous Irish wake for the deceased. It's just our way.

Steve Collins offers his best guesses on relationships for Metro every two weeks.

Views

More to Hate about reality TV romances

FourthWave

Meet Luke Conley. He's a great catch: He earns six figures as a real estate investor and is a homeowner at just age 26. He's ready to settle down — with one of 20 women on Fox's new reality show More to Love.

Luke is six-foot-three and 330 pounds. His favourite activities? Eating (cue close-ups of him eating cheeseburgers). Luke's favourite food? "Anything thick and juicy." His prospective mates are also chubby — no matter, though, because he's attracted to "voluptuous, curvy women."

More to Love is touted as the real woman's dating show — the average American woman weighs 162.9 pounds, stands five-foot-four and wears size 14, which isn't too far off from the contestants — but there's no shortage of ways to remind viewers these women are fat.

Contestant Danielle dejectedly describes her dating history: "Always the bridesmaid, never the bride." Their heights and weights are displayed on-screen. One 30-year-old confesses she's never been on a date.

Like most dating shows, it sells the notion that the man makes the woman, and without them, their lives are "less-than" blank slates, upon which men can impress their positive influence.

Sound like a more humiliating version of The Bachelor? Then it's no surprise More to Love was created by The Bachelor's Mike Fleiss. Hell, when news of the show emerged in May, the working title was The Fatchelor. Fleiss admitted to Business Week that reality TV pushes style over substance.

There's no shortage of style here: The camera unflatteringly catches Danielle from behind as she heaves herself out of a pool. The contestants mingle with Mr. Handsome, food and drink in hand. "I love me a stick of meat!" says Bonnie, wrapping her mouth around a kebab.

What are fat people but a curiosity? They're clearly not good enough for regular, non-fat dating shows, otherwise we'd see them outside this arena for mockery.

More to Love may purport to show real women as sexy, desirable beings, but producers turned them into objects as one-dimensional as the Barbies they're not.

Canice Leung is a former editor of Ryerson University feminist magazine McClung's, copy editor at Metro, ardent feminist and loudmouth.

MICHAEL DE ADDER

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Kimberly-Clark goes Green
Paper products giant Kimberly-Clark Corp. joined forces with Greenpeace yesterday, pledging to get wood fibre from environmentally responsible sources. REUTERS

5

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Labour cuts continue

Recession-wary Canadian employers likely laid off more workers in July as they sought to stay afloat by cutting labour costs, despite signs the economy may be bottoming out this quarter.

Markets expect Statistics Canada to report net job losses in July of 17,500, pushing the unemployment rate to an 11-year high of 8.8 per cent.

That would bring total job losses since the labour market peaked in October 2008 to 388,000.

"We're going to still be seeing a lot of losses because there are cutbacks in production, especially in the forestry industry," said Arlene Kish, senior economist at IHS Global Insight. "We've been seeing that corporate profits are not as bad, or have improved, but again it's based on cost-cutting, so we're going to be seeing a lot of job losses through there."

The Bank of Canada and most economists expect the economy start growing timidly in the third quarter after three quarters of contraction.

But the government has tried to dampen hopes of a quick and painless recovery, while maintaining that the worst is over. "We are still seeing significant job losses. We still anticipate we will see more job losses here and in other countries so it's far too early to declare victory," Prime Minister Stephen Harper said on Tuesday. REUTERS

Private pensions still well-funded: Rating agency

PENSION Private-sector pension plans in Canada are doing better than one might expect after the drop in markets in 2008, and funding pressures should remain manageable, rating agency DBRS said in a study yesterday.

After reviewing 70 defined-benefit pension plans at Canada's largest private-sector companies, DBRS said the plans were 95 per cent funded, a "relatively moderate drop" from being 98 per cent funded in 2007.

The plans, which do not include public-sector behemoths such as Quebec's Caisse de depot or the Ontario Teachers' pension plan, had $149 billion in plan obligations and $141 billion in plan assets, representing an $8 billion underfunding gap. REUTERS

Business in brief

TRAVEL Online travel agency Orbitz WorldWide posted a second-quarter profit yesterday helped by increased booking transactions and cost-cutting that offset declines in travel demand. The results easily beat expectations for a loss, and shares rallied were up 23.86 per cent at $4.62 US on the New York Stock Exchange.

OIL Petrobank Energy and Resources Ltd. said yesterday it has offered to buy TriStar Oil & Gas Ltd. for $2.24 billion in cash and stock, boosting its stake in a prolific Saskatchewan oil field and giving it the heft to cut costs. Petrobank said it will combine its own conventional oil assets with TriStar and spin out a new company. REUTERS

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Canada up 26 in FIFA rankings

6 Canada has moved up 26 spots in FIFA's world rankings following its run at the CONCACAF Gold Cup. Canada is No. 66 on the list released yesterday after two wins and one draw at the Gold Cup before losing to Honduras in the quarter-finals. METRO NEWS SERVICES

Sports

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Door open for Balsillie

Judge rules RIM boss will be permitted to bid at Coyotes auction

It was a Baum-shell ruling that, at least in the view of a certain bankruptcy court, keeps alive Jim Balsillie's dream of moving the Phoenix Coyotes to Hamilton, Ont.

In a decision filed in a Phoenix court yesterday, Judge Redfield T. Baum ruled that a Sept. 10 auction for the bankrupt Coyotes "shall be open to any and all bidders" and not restricted to those wishing to keep the team in Arizona.

That means Balsillie, the Canadian billionaire and Research in Motion co-founder, will have his bid of $212.5 million (all figures U.S.) heard along with two other bids for the NHL franchise. Baum earlier referred to Balsillie's offer as the "highest and best" of the three anticipated bids.

"We think Jim Balsillie's bid will emerge the winner because it offers the best financial terms and the most solid hockey market in Hamilton."
Bill Walker, spokesman for Jim Balsillie

"From the time his bid was launched, Jim Balsillie has said that all he is asking for is a chance to bid for the Coyotes at auction through the bankruptcy court process on a level playing field and let the best bid win. That's fair and transparent. It's the best outcome for creditors and for the future of the franchise," Balsillie spokesperson Bill Walker said in a statement.

"We think Jim Balsillie's bid will emerge the winner because it offers the best financial terms and the most solid hockey market in Hamilton."

Understanding that his ruling will be contentious, Baum has scheduled a hearing for Aug. 11 to examine all the issues surrounding the auction.

The NHL, for example, rejected Balsillie as a potential owner on July 29. The league's board of governors voted (26 against, three abstaining, one absent) to "disapprove" Balsillie, the league noting that he "lacks the good character and integrity required" by the NHL's bylaws.

So this case, already overflowing with nastiness, is likely to get even uglier, but Baum vowed the Coyotes will have a new owner by Sept. 11.

The Coyotes are scheduled to play their first exhibition game on Sept. 15 but Balsillie insists, if awarded the franchise, he will be able to have it up and running in Hamilton for the coming season. The NHL says that is logistically impossible.

There has also been no ruling on whether Balsillie could break the Coyotes lease and there is also the sticky matter of compensation for the Maple Leafs and Sabres. So even if Balsillie is awarded the team, there remains much to be settled.

TORSTAR NEWS SERVICE

Sports in brief

ARENA FOOTBALL The Arena Football League has shut down indefinitely. The league sent a terse, one-paragraph statement to its teams late Tuesday announcing it had suspended operations.

NHL Veteran defenceman Teppo Numminen announced his retirement yesterday after 20 years in the NHL. The 41-year-old Finn spent the last four seasons in Buffalo. He also had stops in Winnipeg, Phoenix and Dallas during his career.

HOCKEY Brendan Shanahan is returning for a 22nd NHL season. The 40-year-old forward signed a one-year deal with the New Jersey Devils yesterday. METRO NEWS SERVICES

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MARK BLINCH/REUTERS

Toronto second baseman Aaron Hill attempts to turn a double play over New York's Johnny Damon last night in Toronto. The Yankees beat the Blue Jays 8-4.

Damon leads Yankees past Blue Jays

BASEBALL Johnny Damon went 3-for-5 with a homer and drove in three runs to help the New York Yankees earn a two-game sweep with an 8-4 victory over the Toronto Blue Jays.

The Yankees opened a 2½-game lead in the AL East over the Boston Red Sox, who invade the Bronx for a four-game weekend set starting today.

Nick Swisher was 2-for-5 with a solo homer for the Yankees, who have won three in a row. Mark Teixeira drove in a pair of runs, while Hideki Matsui and Eric Hinske drove in a run each.

MLB RESULTS
New York 8 Toronto 4
AT

Adam Lind and Marco Scutaro had a solo homer each for the Blue Jays, who have dropped five of seven. Alex Rios and Vernon Wells also had an RBI apiece in the setback. Aaron Hill went 0-for-5 and saw his 13-game hitting streak halted.

Marc Rzepczynski (1-3) took the loss after giving up four runs on five hits over six-plus frames.

METRO NEWS SERVICES

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Metro Homes

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EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Deep discount season descends

HomeScape

Shopping is like an addiction for some. I'm not normally one of them, I'm afraid.

If the truth be told, I'd rather be doing something else most of the time. Shopping for the household and family has always seemed to me to be a chore.

But I have to admit, sales featuring deep discounts still give me a sense of anticipation, a sense of the hunt and kill. Many of you know exactly what I'm talking about.

Consider seasonal sales. They follow a very predictable schedule. As surely as fall follows the summer, retailers need to clear their inventory to make room for the next season's clothing and goods.

For example, every year, around this time, summer things go on sale, sometimes with fantastic discounts. Bathing suits, beach towels, outdoor furniture and accessories, picnic dishes, shorts, summer pants, tops, shirts and dresses fill the bargain racks.

Also look for sales on sporting equipment used in the summer (kayaks, canoes, tents and camping gear), barbecues, fans, lawnmowers, and linens, and blankets — which tend to be lighter in weight and colour during the summer months.

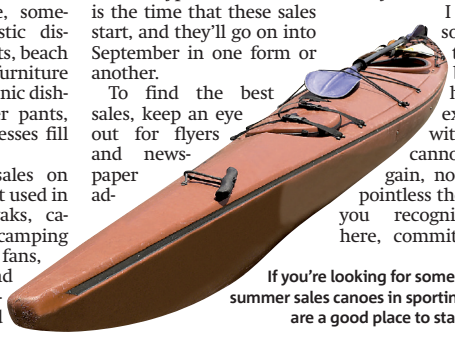
Also coming up are summer sales on plants, both perennial and annual, plus gardening paraphenalia, such as planters, hoses, watering cans and so on. So if you're in the market for any of these types of items, now is the time that these sales start, and they'll go on into September in one form or another.

To find the best sales, keep an eye out for flyers and newspaper advertisements, and check your favourite stores' websites for online end-of-summer specials. Word of mouth, especially from your shopping-happy friends, is also a great resource.

Even if you don't need them for this year, think next year.

I say this with some hesitation, though, because I have personal experience with people who cannot resist a bargain, no matter how pointless the purchase. If you recognize yourself here, commit to at least thinking honestly about potential uses of the item before you plunk down your money. Furthermore, don't burden relatives or friends with stuff they won't like or don't need. Only do it if you know preferences, needs and size requirements.

That being said, some things are obvious. If you are in the market for a set of outdoor dining furniture, for instance, or you will be soon, end-of-summer sales this year could net you substantial savings.



If you're looking for some great end-of-summer sales canoes in sporting goods stores are a good place to start.

Sylvia Putz is a journalist with an interest in decor and design. She's written for the TV show Arresting Design; sputz@arrestingdesign.com.

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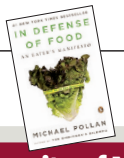

A bestselling defense

In Defense of Food: An Eater's Manifesto by Michael Pollan topped the cookbook bestsellers' list last week at Amazon.ca. The Omnivore's Dilemma came in second and Simply Great Food in third. METRO NEWS SERVICES

Food

In 1986, the city of Nanaimo, B.C., held a contest to find the best Nanaimo bar recipe. A recipe submitted by Joyce Hardcastle won and is now known as the official Nanaimo bar recipe.

FOODTV.CA

Fave flavour?

Today, many variations for the middle layer of a Nanaimo Bar exist — such as cherry, peanut butter, mint and cappuccino.

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

Hot sandwich, cool bar

Quick and easy summer recipes are only a click away thanks to 20 Minute Supper Club. Find lots of inspiring alternatives to burgers 'n' dogs in the brand-new Grill Guide at 20minutesupperclub.com.

This week's tasty and nutritious meal feaures a Summer Sausage BBQ Panini Sandwich with Corn Relish, and delicious Nanaimo Bars for dessert. Ciabatta bread is ideal for this sandwich because of its crusty outside and airy interior. If you don't have a barbecue, you can also use a Panini grill or heavy-bottomed skillet.

Nanaimo Bars are satisfying any way you make them, but in the ones pictured we actually doubled the chocolate to get that thick, chocolatey base. The best part about these sweet treats is that you can freeze them and they still keep their decadent flavour. -CHRISTY PENGILLY

Summer Sausage Panini Sandwich with Quick Corn Relish

Recipe Developed by Paula Bowman.

SERVES 4
PREP TIME: 10 MINUTES
COOKING TIME: 10 MINUTES

INGREDIENTS:

- 2 cobs corn, kernels removed
- 1/3 cup water
- 1/4 cup finely diced red onion
- 3 tbsp apple cider vinegar
- 1 tbsp sugar
- 1/4 tsp crushed red pepper flakes
- 2 tbsp olive oil
- Kosher salt and freshly ground black pepper
- 1 avocado, halved, pitted, peeled and roughly diced
- 1/4 tsp minced garlic
- 1 16 oz ciabatta bread or 4 individual ciabatta rolls, halved diagonally
- 2 plum tomatoes, thinly sliced
- 8 slices old cheddar
- 1/2 lb thin sliced Mennonite summer sausage or similar summer sausage

METHOD:

1. Preheat grill to medium-high
2. In a non-stick skillet set over medium-high heat, combine first 6 ingredients plus 1-tablespoon olive oil and bring to a boil. Reduce heat to a simmer and cook until liquid has been absorbed and corn begins to lightly caramelize, about 6 minutes. Remove from heat, season with salt and pepper and set aside.
3. Meanwhile, in a small bowl, combine avocado and garlic and stir in 2-teaspoons olive oil, mash slightly with a fork, season with salt and pepper and mix well. Lightly brush outside of ciabatta loaf with remaining olive oil and season with salt and pepper. Lay both halves of bread open on a cookie sheet and spread avocado mixture on inside top layer of bread. Cover avocado with a layer of tomatoes, followed by layers of cheese and summer sausage. When corn relish is finished cooking, distribute evenly to bottom layer of bread. Put both halves together and press gently.
4. Transfer sandwiches to a hot grill and cook, pressing lightly with a spatula until crispy on the bottom, about 3 minutes. Carefully turn sandwiches over, using a spatula and continue to cook until crispy and warmed through, about 3 minutes. Use cookie sheet to transfer to cutting board. Cut sandwich into quarters and serve warm.

CAIRO MENDOZA PHOTO

Summer Sausage Panini.

Weekly winners

- Exclusive contest for Metro readers! Visit 20minutesupperclub.com/metro and be entered to win a $50 President's Choice gift certificate to stock your cupboards with delicious PC products. For product information and store locations, visit PC.ca.
- A weekly winner will be drawn from now until the end of October.

Read more on page 10 ››

Fast Flavours from Donna Hay
Fridge and pantry empty? Take heart from the simple combinations in the Fast Flavours chapter — in Donna Hay's No Time To Cook — which only needs a few ingredients, a grill pan or a barbeque, and a few minutes to let intense flavours unfold. METRO NEWS SERVICES

No time to cook?

Donna Hay is one of the best-known names in cookbook and magazine publishing in the world: Her previous books have sold more than 2.2 million copies worldwide.

Hay's new book, No Time to Cook: Fresh & Easy Recipes for a Fast Forward World (HarperCollins), is full of delicious, simple food that won't eat up your whole evening. HarperCollins Canada offered Metro these two recipes:

Spinach, Ricotta & Dill Pies

SERVES 2
NOW, 2 LATER

INGREDIENTS:
- 4 sheets (25 cm x 25 cm) store-bought shortcrust pastry, thawed

Spinach-ricotta filling:
- 250 g frozen spinach, thawed
- 600 g ricotta
- 3 eggs
- 1/2 cup (40 g) finely grated parmesan
- 2 green onions (scallions), finely sliced
- 2 tablespoons coarsely chopped flatleaf parsley leaves
- 2 tablespoons coarsely chopped dill leaves
- sea salt and cracked black pepper

METHOD:
Preheat oven to 180°C (355°F). Cut pastry to fit 4 x 1-cup (250ml) pie dishes, allowing for an overhang.

To make the spinch–ricotta filling, squeeze out excess water from spinach, place in bowl with ricotta, eggs, parmesan, onion, parsley, dill, salt and pepper and mix together well.

Divide filling between pastry-lined dishes and bake for 30 minutes or until filling sets. To freeze, wrap pie dishes in a layer of baking paper, then plastic wrap and aluminium foil to seal. Freeze for up to 3 months.

Flourless Chocolate Cake

SERVES 12

INGREDIENTS:
- 350 g quality dark chocolate, chopped
- 185 g unsalted butter, chopped
- 6 eggs
- 1 cup (220 g) brown sugar
- 1/4 cup (60 ml) hazelnut liqueur
- 1 cup (100 g) ground hazelnuts

Hazelnut cream:
- 300 ml cream
- 1/4 cup (60 ml) hazelnut liqueur, extra

METHOD:
Preheat oven to 170°C (340°F). Line the base and sides of a 22-cm springform pan with non-stick baking paper.

Place chocolate and butter into a saucepan over low heat and stir until melted.

Place eggs, sugar, liqueur and hazelnuts into a bowl and whisk to combine. Add chocolate mixture and whisk until smooth. Spoon mixture into tin and cover with aluminium foil.

Bake for 40 minutes. Remove foil and cool cake in tin then refrigerate until cold.

To make hazelnut cream, place the cream and liqueur in a bowl and beat with electric beaters or a whisk until soft peaks form. Cover and refrigerate until just before serving. Serve with hazelnut cream.

Flourless Chocolate Cake.

Spinach, Ricotta & Dill Pies.

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10 food

>> Continued from page 8

Nanaimo Bars

SERVES 16
PREP TIME: 20 MINUTES
COOKING TIME: 2 MINUTES

INGREDIENTS:

Bottom Layer:
- 1/2 cup unsalted butter
- 1/4 cup granulated sugar
- 5 tablespoon cocoa powder
- 2 teaspoon vanilla extract
- 1 egg beaten
- 1-1/2 cup graham wafer crumbs
- 1/2 cup finely chopped hazelnuts (or try pecans, walnuts or almonds)
- 1 cup finely shredded coconut

Middle Layer Ingredients:
- 1/4 cup unsalted butter
- 2 tablespoon milk
- 1 tablespoon 35% cream
- 2 tablespoon vanilla custard powder
- 2 cup icing sugar

Top Layer Ingredients:
- 4 ounce bittersweet chocolate
- 2 tablespoon unsalted butter

METHOD:

1. Melt first four ingredients in double boiler.
2. Add egg and stir to cook and thicken. Remove from heat.
3. Stir in crumbs, nuts and coconut. Press firmly into a greased 8" x 8" pan. Chill while you prepare the middle layer.

Middle Layer:

1. Using an electric mixer, cream all ingredients together, beating well until light in colour.
2. Spread evenly over chilled bottom layer. Place back into fridge to chill while top is being prepared.

Top Layer:

1. Melt chocolate and butter in a bowl over a double boiler.
2. Cool slightly — the chocolate should still be pourable.
3. Spread gently over second layer so as not to mix the two layers together.
4. Refrigerate until set.

CARLO MENDOZA PHOTO

Nanaimo Bars.

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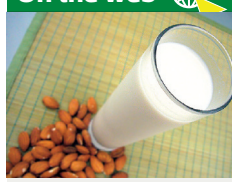

Global Peasant blog:
- Travel along with Diane Thompson's culinary adventures in her Global Peasant blog. Visit metronews.ca/globalpeasant for her recipe for raw nut milk.

Liquid Assets column:
- Peter Rockwell says: When in doubt, reach for a riesling. Visit metronews.ca/liquidassets to read this week's column.

ELLE CANADA

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Style

Fall fashion spectacular! Canada's edgiest model wears the season's top looks, only in ELLE Canada.

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

ANKLE BOOTS

Go short, sassy and sexy!

STUDIO ANDRÉ DOYON

THE SNAPPER

An originator of the now familiar "chic people on the street" blogs, Scott Schuman (a.k.a The Sartorialist) is launching his first book this fall. "Everyone I know says 'I love to people-watch,'" says Schuman. "Technology has just caught up to human instinct. Now we have a digital park bench." His 500-page book contains sections on favourite subjects like Carine Roitfeld and pages devoted to androgyny and personal style. Schuman counts Cary Grant among his own style icons: "I love style with a sense of humour."

THE WRIGHT STUFF

Frank Lloyd Wright: From Within Outward is a fascinating compilation of essays, photography and drawings from more than 200 projects.

Kenya's**Style**

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Rosie, partner deny break up rumours

Contrary to tabloid reports, Rosie O'Donnell and longtime partner Kelli Carpenter-O'Donnell are not breaking up. "There is no truth to this — at all," says O'Donnell's rep. **PEOPLE.COM**

Entertainment

Hollywood hunk

Robert Pattinson was crowned Sexiest Man In The World by a British magazine. The Twilight heartthrob topped the list compiled by Glamour magazine to find the hottest Hollywood hunk.

FEMALEFIRST.CO.UK

EDITOR: DEAN.LISK@METRONEWS.CA

⊕⊕⊕⊕⊕ A CLASSIC; ⊕⊕⊕⊕ EXCELLENT; ⊕⊕⊕ GOOD; ⊕⊕ FAIR; ⊕ POOR

Anjulie crafts fresh sounds

Anjulie

Album: Boom
Label: Hear/Universal
Rating: ⊕⊕⊕⊕

CANADA HAS HAD a long history of breaking big female artists and its about to do it again. Oakville, Ont.'s Anjulie has been making music for a while, mostly writing for other people including Kreesha Turner, but her debut should catapult her onto the world stage. Her and her songwriting partner, the Philosopher Kings' Jon Levine, have put together a diverse collection of incredibly infectious sounds. While it's centred around R&B grooves, generous amounts of jazz, soul and bossa nova find their way in as well. Picture a more eclectic Nelly Furtado.

Bryan Borzykowski/for Metro Canada

Watermelon Slim

Album: Escape from the Chicken Coop
Label: NorthernBlues
Rating: ⊕⊕⊕

YOU CAN'T GET more authentic truck-driving music than this. Watermelon Slim (a.k.a. Bill Homans) was hauling industrial waste in Oklahoma before deciding a few years ago to devote himself full time to the blues (he's also a Vietnam vet, a former newspaper reporter and a member of Mensa). Slim is a master of the slide guitar and harmonica and he plays the blues like he's lived them. Escape from the Chicken Coop is his first venture into Nashville and he pulls it off with the same grit that he plays the blues. Slim delivers ten original odes to his fellow long-haulers, plus four covers including a sublimely gospel version of Roy Acuff's Wreck on the Highway.

Graham Rockingham/for Metro Canada

MusicReviews

music@metronews.ca

Boom is the debut album from Oakville, Ont.'s Anjulie.

Modest Mouse

Album: No One's First and You're Next
Label: Epic/Sony Music
Rating: ⊕⊕½

MODEST MOUSE IS no longer an obscure indie rock act, but don't expect their latest disc to get much play. This new EP consists of b-sides and unreleased material, and while these tunes have all the elements that have made the band famous, there's a reason these tracks never made albums. They're mostly unfocused — the angry Satellite Skin sounds like a single, but it's about as middling as a rock song can get. The six minute Whale Song is the best thing here, but otherwise this is the definition of filler.

Bryan Borzykowski/for Metro Canada

Lightning Dust

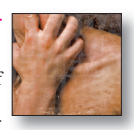
Album: Infinite Light
Label: Jagjaguwar
Rating: ⊕⊕⊕⊕

IF VANCOUVER'S BLACK Mountain is renowned for crafting stoner rock, then this second outing from this side project from BM's Amber Webber and Joshua Wells might qualify as stoner pop. At least that's the effect produced from combining Webber's shaky, reverb-drenched warbles with grand and electric pianos, soft background organ, acoustic guitar, spacey strings and the occasional wild drum fill. Save for the '80s-infused I Knew and goth-inspired Never Need, try imagining the eccentric beauty of an early Stevie Nicks singing in a Ziggy Stardust-era Bowie fashion.

Ian Nathanson/for Metro Canada

Dead and Devine

Album: The Machines We Are
Label: Jagjaguwar
Rating: ⊕⊕⊕



THE COMFORTABLE suburban streets of Burlington, Ont., continue to play ground zero for the Canadian emo-punk scene (Silverstein, Boys Night Out, Sydney). Dead and Divine try to carve out a path for themselves by mixing singalong melody with screamo metalcore and some pseudo-philosophical lyrics about our very essence (Is the stuff that flows through our veins chemical or biological?). Dead and Divine is best at its darkest moments. Fortunately, there's plenty of darkness here especially in tracks like the wonderfully depraved Teeth and the crashing instrumental For Your Health.

Graham Rockingham/for Metro Canada

CA	Vu	SC		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
8/6/09 primetime	267	351	- ACCESS	Alberta Primetime (Live)		Greek "Barely Legal"		Private Practice		(9:58) Grey's Anatomy		Primetime
	243	317	3 CFCN	Corner Gas	Hollywood	The Listener (N) (DVS)		So You Think You Can Dance Winner is announced.				News
	-	-	4 OMNI	Two/Half Men	The Simpsons	News (N)		News (N)		The Simpsons	King	Metropia
	-	371	5 KXLY	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	Grey's Anatomy		Grey's Anatomy		Practice
	245	306	6 CBRT	Coronation St.	Jeopardy!	India Reborn Culture and economic growth of India.				CBC News: The National		The Hour
	244	338	7 CICT	ET Canada	Entertainment	House		Big Brother 11		The Office	The Office	News Hour
	246	-	8 CKAL	Law & Order: SVU		Law & Order: UK		30 Rock	Parks-Recreat	According-Jim	30 Rock	Your City
	119	705	9 CBXFT	Des squelettes	Gars fille	Perdus (HDTV) (SC)		Bons baisers de France (SC)		Le Téléjournal et Les Nou		TJ Alberta
	-	-	10 SHAW	(6) Local Programming						Local Programming		
	-	372	12 KREM	News	Hollywood	The Doctors		Big Brother 11		CSI: Crime Scene Invstgtn.		The Mentalist
	-	374	14 KSPS	NewsHour With Jim Lehrer		Sammy Davis Jr. Live		Midsomer Murders		MI-5 "Love and Death"		Soundstage
	502	390	15 CBC	CBC News: The National		The Nature of Things		CBC News: The National		CBC News: The National		Nature-Things
	-	370	16 KHQ	News	Be-Millionaire	Jeopardy!	Wheel-Fortune	30 Rock	Parks-Recreat	The Office	30 Rock	Law & Order
	-	373	22 KAYU	The Simpsons	Raymond	Two/Half Men	Two/Half Men	So You Think You Can Dance Winner is announced.				News
	297	652	37 WPIX	Supernatural (HDTV)		PIX News at Ten Tong.		Two/Half Men	Friends	Sex and-City	According-Jim	Frasier
news	500	500	29 CNN	Second 100 Days		Anderson Cooper 360 (HDTV)				Second 100 Days		
	508	502	31 CNN2	Jane Velez-Mitchell		Nancy Grace		Showbiz Tonight		Jane Velez-Mitchell		Nancy Grace
sports	400	400	21 TSN	2009 World Series of Poker		SportsCentre (HDTV) (Live)			Off the Record	E:60		Boxing
	408	418	27 net	UFC Countdown		MLB Baseball Atlanta Braves at Los Angeles Dodgers. From Dodger Stadium in Los Angeles.						Sportsnet Con.
	410	403	30 SCORE	Poker Asian Pacific Tour.		Score Tonight		Final Score	Final Score	Final Score	Final Score	Final Score
	411	457	44 OLN	Survivorman		Ghost Hunters		Bounty Hunter	Bounty Hunter	Survivorman		Ghost Hunters
	417	406	48 SPEED	Jacked! (N)	Jacked! (N)	Wrecked (N)	Wrecked	Pimp My Ride	Pass Time	Pinks – All Out (HDTV) (N)		Jacked!
family	552	543	20 YTV	The Next Star 2		Drake & Josh	Family Biz	Malcolm-Mid.	Futurama	In Real Life "The Circus"		Falcon Beach
	557	541	39 FAM	Zoey 101	Life Derek	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School
	555	545	67 TOON	Ben 10	Johnny Test	Jimmy Two	Total Drama	6TEEN	6TEEN	Futurama	*Monkeybone* (2001, Comedy)	
cable variety	575	583	11 CMT	Reba	Reba	Hope & Faith	Hope & Faith	Tuckerville	The Wilkinsons	Home Improve.	Home Improve.	Reba
	553	546	17 TREE	Little Bear	Maggie-Beast	Comfy Couch	Zigby	Max & Ruby	Babar	Backyardigans	Ni Hao, Kai-lan	Go, Diego, Go!
	-	-	18 CHTV	The Insider (N)	E! News	Patrick Dempsey: True Story		How I Met	'Til Death	The Beast (N)		CHCA News
	505	398	19 TWN	(5) EarthWatch One		EarthWatch One		EarthWatch Two				
	602	568	23 W	Style by Jury	Style by Jury	Style by Jury	Friends	Divine Design	House	Confidential	Save Us-House	Divine Design
	521	560	24 TLC	Police Women of Broward		LA Ink (HDTV) (N)		Police Women of Broward		LA Ink (HDTV)		Lottery-Life
	603	561	25 FOOD	Jamie's Kitchen		Ace of Cakes	Ace of Cakes	Boys Weekend	The Wild Chef	Unwrapped	Unwrapped	Jamie's Kitchn
	615	520	26 A&E	The First 48 (HDTV)		Crime 360 (HDTV) (N)		Crime 360 (HDTV)		The First 48 (HDTV)		The First 48
	617	522	32 SHOW	Trailer Park	Trailer Park	The Outer Limits		Love-Death	Love-Death	*Loch Ness Terror* (2008, Suspense)		
	601	562	33 SLICE	Last 10	10 Pounds	Bulging Brides	Bulging Brides	ET Canada	Til Debt-Part	Real Housewives OC		Trading Sp
	-	633	34 ENC2	*Message*	(7:25) *The Contract* ★★ (2000, Action)			*The Bodyguard* ★★ (1992, Drama) Kevin Costner.				*Tin Cup (1996)*
	520	505	35 DISC	Shark After Dark (N)		MythBusters		Daily Planet		Great White Appetite		Shark After
	620	523	36 BRAVO	*Crossing* ★★ (2005, Suspense), Crystal Buble			Bravonews	Law & Order		Without a Trace		*Cheaters*
	294	650	40 WPCH	Friends	Friends	*The Ringer* ★★ (2005, Comedy) Johnny Knoxville, Brian Cox, Katherine Heigl.					Seinfeld	*Dead-Campus*
	626	547	41 COM	Laughs	Comedy Now	Air Farce	22 Minutes	22 Minutes	Corner Gas	The Simpsons	South Park	Comedy Now
	-	539	42 TCM	(6) *I Could Go on Singing*		*The Clock* ★★★ (1945, Romance) Judy Garland.				*Meet Me in St. Louis* ★★★ (1944) (DVS)		
	628	584	43 SPIKE	TNA iMPACT! (HDTV) (N)				Jesse James Is a Dead Man		MANswers	GameTrailers	MANswers
	522	516	45 HIST	Lost Inventions		NCIS "Cover Story"		Ancient Discoveries		Lost Inventions		NCIS
	627	528	46 SPACE	*Alien Siege* ★★ (2005, Science Fiction) Brad Johnson.				Stargate SG-1 (DVS)		Star Trek: Next Gener.		Trek: Voyager
	-	-	47 AMC	(6) *Jumanji* ★★ (1995, Fantasy)				*Fight Club* ★★★ (1999, Suspense) Brad Pitt, Edward Norton, Helena Bonham Carter.				
	619	525	49 TROP	North of 60		Traders		Inside Hollywood		Are You Smarter		Family Guy
	600	564	50 HGTV	Disaster DIY	Big Amazing	House Hunters	House Hunters	Holmes on Homes		Disaster DIY	Big Amazing	Handyman
	501	391	52 CTV	CTV News Tonight		News	CTV News	News	CTV News	News	CTV News	News
	504	508	70 BNN	Taking Stock		Market Call		Headline	Market Call	Commodities	Business News	Taking Stock
	526	507	92 VIVA	The Closer (Part 2 of 2)		Passion	Homicide File	Psychic Inv.	Encounters	Judging Amy		Most Haunted
	269	350	93 APTN	Warriors: TKO	Wapos Bay	By the Rapids	renegadepress	*Wild Wild West* ★ (1999, Action) Will Smith, Kevin Kline, Kenneth Branagh.				
	-	-	94 MCP	World News	News	Banquet	Kingdom-Wind	Vancouver	Bahadur-Zafar	Dheeyan Ghar	Sadabahar	Rang Barangi
	571	581	100 MMM	Celebrity Rehab With Dr. Drew		Entourage	Gene Simmons	The Daily Fix		Celebrity Rehab With Dr. Drew		Entourage
	570	580	101 MM	Paris Hilton's My New BFF		Video on Trial	Video on Trial	Video on Trial	Video on Trial	Paris Hilton's My New BFF		One Tree Hill
	581	566	102 MTV	True Life "I'm Bi-Sexual"		Nitro Circus	Fantasy Fact.	MTV Live	After	The Real World		Nitro Circus

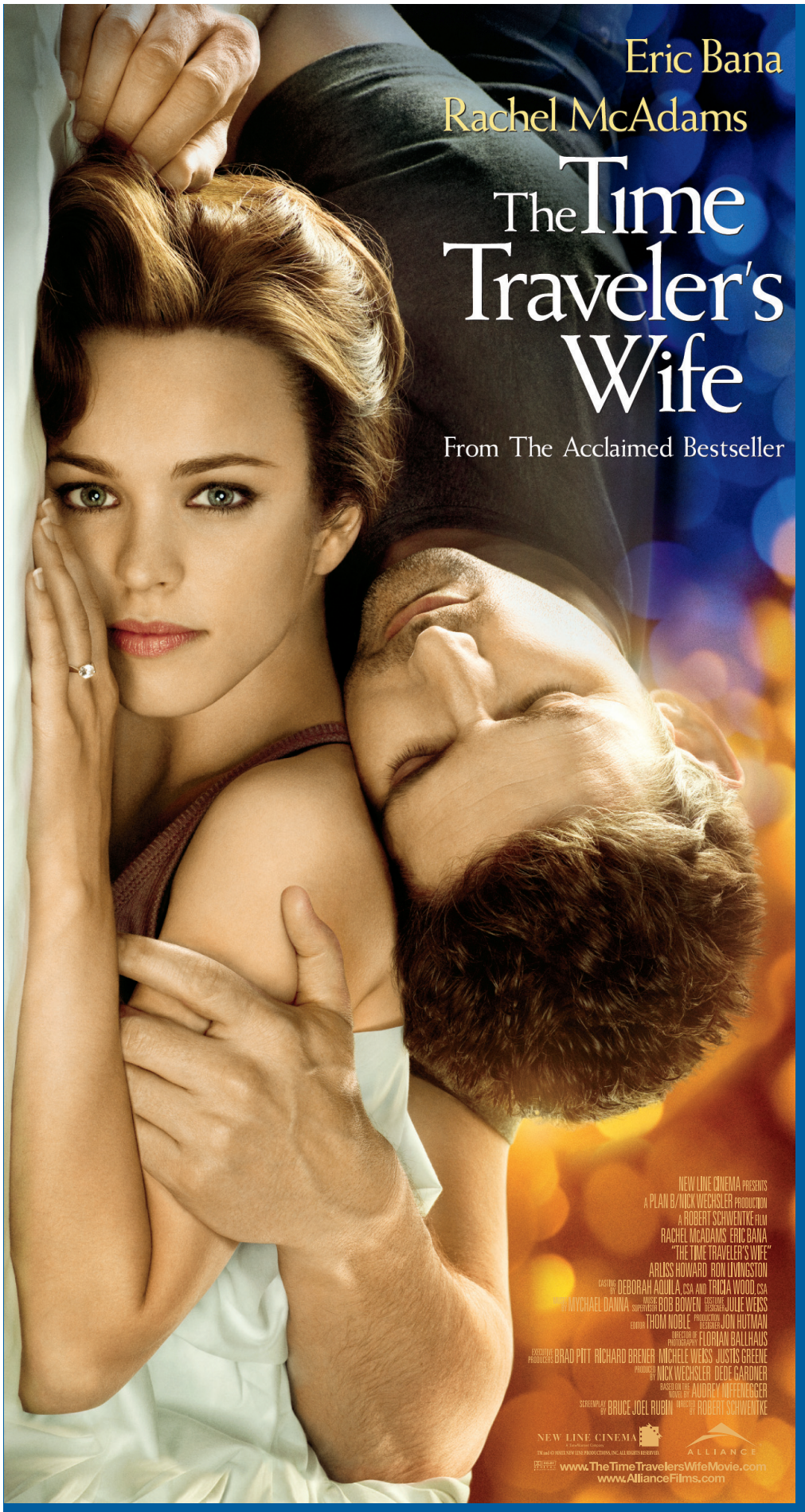
critics'corner

Monkeybone

How can a movie with such cool special effects be so totally awful? Don't ask, and don't watch, if you value your brain cells. A great cast that includes Brendan Fraser, Rose McGowan, Megan Mullally and Whoopi Goldberg — as Death! — is wasted on this uneven tale of a cartoonist trapped in a weird alternate universe after an accident puts him in a coma. Among the denizens of said universe is a comic-strip character of his own creation, Monkeybone, who may be the most unlikable nonhuman movie character since Jar Jar Binks. 10:30 PM on TOON

Shark After Dark

What do sharks do at night? Pretty much what they do during the day, it turns out — swim around and look for food. But this new special at least offers different lighting for the footage of big, hungry fish that makes up most "Shark Week" programming. Divers use all kinds of state-of-the-art camera equipment to film sharks in the night sea, and the results are quite striking. 7 PM on DISC



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IN THEATRES AUGUST 14

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ALLIANCE

WITTNAUER swiss

metro

Kim shakes things up

Kim Kardashian isn't just sitting around after her breakup with Reggie Bush, people.com reports. According to her sister, Kourtney, the reality star is making a life change. "We actually went looking for houses yesterday," she told Ryan Seacrest Wednesday. METRO NEWS SERVICES

Celebrity Buzz

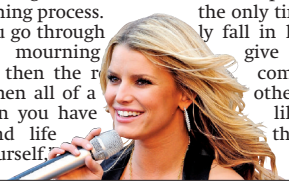
Jessica takes breakup badly

OVERREACTING? Jessica Simpson takes breakups very seriously — even comparing them to a mourning process.

"You go through the mourning stage, then the r and then all of a sudden you have to find life by yourself."

Simpson said, according to Hollyscoop.

"Once you do that, you feel complete — and that's the only time you can truly fall in love again, and give yourself over completely to another person. It's like a death in the family." METRO WORLD NEWS



I could've been Brit: Ashley

REFLECTIONS Growing up in the spotlight, Ashley Olsen is glad she's ended up on an even keel. "I look at Britney Spears, and I'm surprised I didn't end up like her," she told Marie Claire.

Olsen likens her childhood schedule to being in the Army: "School, work, homework, fly to New York, get in at two in the morning, do a morning show at 5 a.m., then another one at 7, then a radio interview at 10." METRO WORLD NEWS

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Selena reflects on dating Taylor

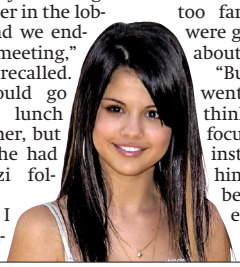
TEENAGED LOVE Selena Gomez confirms she is no longer dating Twilight star Taylor Lautner, usmagazine.com reports.

"He's a great guy. But I am 100 per cent single, and I'm going to keep it that way for a while," she told Seventeen.

She says they met earlier this year in Vancouver while he was shooting New Moon and she was filming Ramona and Beezus.

"Kristen (Stewart) was staying in my hotel. He would visit her, so we were constantly running into each other in the lobby — and we ended up meeting," Gomez recalled. "We would go out to lunch and dinner, but I knew he had paparazzi following him and I had paparazzi following me. So we literally just wanted to hang out, go bowling and stuff, and it went a little too far, I think. People were getting a little crazy about us.

"But it was fun — I went to Vancouver thinking I was going to focus on my work, but instead I got to meet him, and it ended up being the best thing ever." she said. METRO NEWS SERVICES



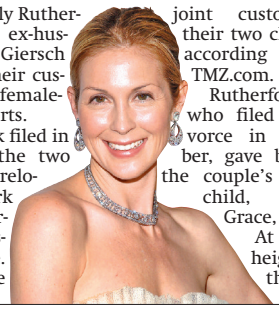
Kelly and ex-hubby reaches custody deal

UGLY BATTLE Kelly Rutherford and her ex-husband Daniel Giersch have settled their custody battle, femalefirst.co.uk reports.

In paperwork filed in Los Angeles, the two have agreed to relocate to New York while Rutherford shoots Gossip Girl there. They will share joint custody of their two children, according to TMZ.com.

Rutherford, who filed for divorce in December, gave birth to the couple's second child, Helena Grace, in June. At the height of the pair's custody battle, Rutherford accused her ex of being "angry" all the time and admitted she had hired a private detective to install cameras in her ex's Los Angeles home — to check on his parenting techniques.

In the midst of the court battle, Rutherford asked a judge to help the parents settle a toilet-training disagreement. METRO NEWS SERVICES



Some father, Ryan's son says

FAMILY FEUD More tales of Ryan O'Neal's questionable parenting are surfacing. His oldest son, Griffin O'Neal, remembers when his father introduced him to illicit drugs.

"I was 11 years old when he gave me cocaine and said we are going to see a long movie called Barry Lyndon," Griffin recently told Larry King. "He said, 'It is a very long movie. Maybe this will help you.' I was 11."

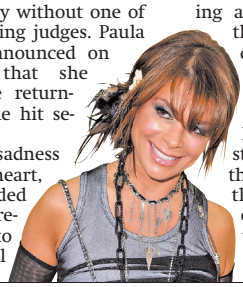
Griffin also doubts Ryan's grief over Farrah Fawcett's death. "All those crocodile tears. My dad's only goal was to make sure he would be in the will," he said. "It was so disgustingly transparent as soon as he found out she was terminal. I consider him a vulture presiding over a carcass." METRO WORLD NEWS

Paula ditches Idol ship

CAREER CHANGE It looks like American Idol will return in January without one of its founding judges. Paula Abdul announced on Twitter that she won't be returning to the hit series.

"With sadness in my heart, I've decided not to return to Idol. I'll miss nurturing all the new talent, but most of all being a part of a show that I helped from day one become an international phenomenon."

Idol's studio, Fox, released a statement saying they are "saddened that she has decided not to return to the show." METRO WORLD NEWS



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Now go to metronews.ca and tell us the page you found this on.
The Time Traveler's Wife
IN THEATRES AUGUST 14

Don't judge me, Sienna pleads

SELF DEFENCE Sienna Miller is getting tired of having to explain her love life to people. "I do think sometimes people get morally superior without understanding situations," Miller said of her relationship with Balthazar Getty.

"If I could go back and be more responsible, I would ... Well, I probably would be less naive about ignoring the fact that people care." METRO WORLD NEWS

Baby on the way for Penelope

PREGNANCY Penelope Cruz is having Javier Bardem's baby, a source confirms to Just Jared. "Penelope is about four months pregnant," the source said.

"She's really healthy now and will be a great mother." But don't expect the two actors to tie the knot anytime soon. "When I (have babies), I want to do it really well," Cruz said in the latest issue of Britain's Psychologies magazine.

"I want it to be my best project in life. I don't know if I believe in marriage. I believe in family, love and children." METRO WORLD NEWS

Dustin sues over sex pics with ex

DAMAGE CONTROL Screenwriter Dustin Lance Black is suin a website that published X-rated photos of him and an ex-lover, according to Page Six.

Black is seeking $3 million US in damages from starzlife.com over invasion of privacy, copyright infringement and violation of the right of publicity. Black says he thought his ex-boyfriend had deleted the photos long ago. METRO WORLD NEWS

GETTY IMAGES

Fame a rough ride: Leighton

A DOWNSIDE TO EVERYTHING Leighton Meester understands that being on Gossip Girl puts her in the spotlight — but she doesn't have to like it, femalefirst.co.uk reports.

"I don't want most of what comes along with all of this," she told Harper's Bazaar.

One downside came when an ex-boyfriend began shopping around an alleged sex tape. "(The tape) is not real, so it makes me sort of sad," she said. "It's unfortunate that it got carried as far as it did."

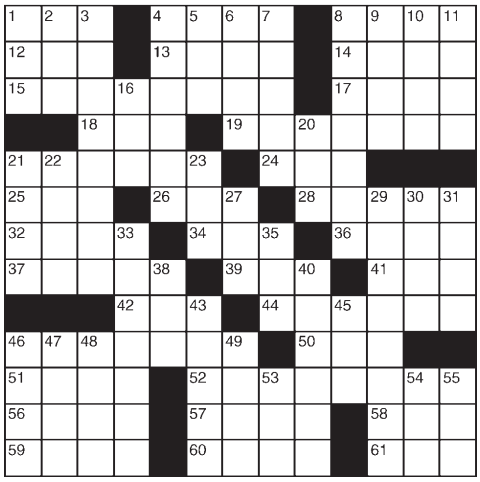
Meester says the incident taught her some life lessons. "I definitely understand the nature of people better now and that the mere allegation of something like that could be headline news." METRO NEWS SERVICES

Today Sprinkles late. 19 C / 9 C
Friday Morning clouds. 20 C / 10 C
Saturday Afternoon clouds. 23 C / 10 C

BT BREAKFAST TELEVISION

Andrew Schultz, Weather Specialist – Breakfast Television
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta." **WEEKDAYS AT 6 A.M.**

Take Five



ACROSS

1 Elmer, to Bugs
4 Prison
8 Tiers
12 Gabor or Peron
13 Relaxation
14 Send forth
15 "The island of romance," in song
17 Baseball team
18 Do sums
19 "Rockabye Baby" site
21 Russian wolfhound
24 Tend the lawn
25 Mound stat
26 "— Miniver"
28 Cheesy chip
32 Dracula's usual target
34 Conger, e.g.
36 Reclined
37 Clan emblem
39 — -tac-toe
41 Sleuth
42 Addressee
44 Procession
46 Constricting snakes
50 Moment
51 Timber wolf
52 Merchandisers' mailings
56 By word of mouth
57 First victim
58 Bumped into
59 Existed
60 Samples of wordplay
61 Lad

DOWN

1 Year-end abbr.
2 Eventual aves
3 Waterfall
4 Hardly ever
5 — chi
6 "It — Fair"
7 Get more ammo
8 Cancellation's opposite
9 Leave out
10 Drunkard
11 Put one's foot down?
16 Wood-shaping tool
20 A billion years
21 Crooked
22 Sandwich treat
23 Anger
27 Prepared
29 Underground cemetery
30 Wasted no time
31 Erstwhile
33 Peeper's place?
35 Pitcher part
38 Dr. Seuss' "Mr. Brown Can —! Can You?"
40 Cellist Pablo
43 Open a bottle
45 Cath. or Prot.
46 Clear of snow
47 Bygone times
48 Ski lift
49 Moviedom's "Elephant Boy"
53 Sawbuck
54 Earth (Pref.)
55 Pigs' digs

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

		6	7			8		
5	4			2	6			
9			8				4	
8				6				3
		4				1		
2				9				5
	5				7			4
			1	3			5	2
		1			9	3		

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

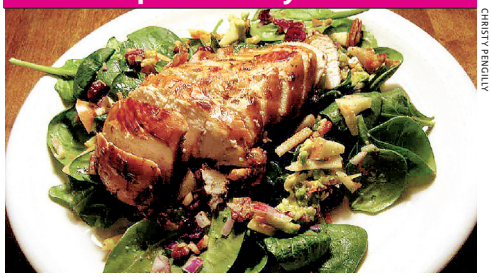
A	S	K		F	A	R	M		D	A	M	E
R	U	N		O	G	E	E		O	D	O	R
I	C	E		D	O	G	E	A	T	D	O	G
A	H	E	A	D			T	I	C			
			B	E	E	S		L	O	B	B	Y
U	N	D	E	R	D	O	G		M	I	R	E
F	I	E		S	U	P	R	A		R	I	G
O	G	L	E		C	H	I	L	I	D	O	G
S	H	E	L	F		S	P	I	N			
			A	D	O			M	A	G	I	C
D	O	G	P	A	D	D	L	E		O	D	E
I	R	I	S		D	O	I	N		O	L	D
G	E	N	E		S	E	P	T		D	Y	E

3	8	1	9	6	4	5	2	7
6	9	5	3	2	7	8	4	1
2	7	4	1	5	8	3	6	9
4	5	2	6	3	1	9	7	8
8	3	6	4	7	9	2	1	5
7	1	9	2	8	5	4	3	6
1	6	8	5	4	2	7	9	3
9	4	7	8	1	3	6	5	2
5	2	3	7	9	6	1	8	4

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

Metro Recipe of the Day



CHRISTY PENGILLY

Apples, Avocado and Balsamic Chicken Salad

Submitted by Melanie Glenwright, Winnipeg,

submitted by a Club Member!

INGREDIENTS:
4 boneless, skinless chicken breasts
3 tsp olive oil
1/3 cup balsamic vinegar
1/2 cup chicken stock
2 tbsp sugar
1 clove garlic, crushed
1 tsp dried Italian seasoning

BALSAMIC VINAIGRETTE:
1/4 cup balsamic vinegar
2 tsp dark brown sugar, optional
1 tbsp chopped garlic
1/2 tsp salt
1/2 tsp freshly ground black pepper
3/4 cup olive oil

SALAD:
4 cups baby spinach leaves
1 tbsp dried cranberries
1 tbsp chopped salted pecans
1/2 apple, cored and diced
1 tbsp diced red onion
2 tbsp grated carrot
1/2 avocado, peeled and diced

METHOD:
Set chicken in a shallow bowl. Add combined vinegar, chicken stock, sugar, garlic and seasoning. Marinate chicken 10 minutes on each side. Remove chicken and set marinade aside. Mix vinaigrette ingredients in small bowl and chill.

Place marinade in small saucepan and bring to a boil. Reduce heat to low and simmer. Assemble spinach, cranberries, pecans, apple, onion, carrot, and avocado on plates and chill.

Briefly heat olive oil in a large skillet over medium-high heat. Add chicken, and cook each breast 4 minutes each side (or until browned). Add marinade to skillet and continue cooking 3-4 minutes, turning breasts until cooked through. Pour vinaigrette on salad then top with warm chicken. Serve.

SERVES 4
PREP TIME: 20 MINUTES
COOK TIME: 10 MINUTES

20 minute SUPPER CLUB

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Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES
MARCH 21-APRIL 20
You must not limit yourself in any way, shape or form. Be active, be ambitious and be the one who always seems to make things happen.

TAURUS
APRIL 21-MAY 21
You may have to get tough with someone you love today but if you don't do it now they will make a huge mess of things later on.

GEMINI
MAY 22-JUNE 21
Cosmic activity makes it easy for you to win others over to your way of thinking. That does not mean that your way of thinking is right.

CANCER
JUNE 22-JULY 22
In the next few days you will get an offer that's hard to turn down. It will mean more work, but also more prestige and, in the long term, more money.

LEO
JULY 23-AUG 23
Look out for your own interests today and ignore those who say you're being selfish. Something special will happen over the next 24 hours.

VIRGO
AUG 24-SEPT 22
Today's lunar eclipse may tempt you to give up on something that's taking up time and energy, but if you stop now you will regret it later. Keep at it.

LIBRA
SEPT 23-OCT 23
This is a good time for friendships and social activities but watch you don't spread yourself too thinly. There is only so much of you to go around.

SCORPIO
OCT 24-NOV 22
You won't reach certain targets without assistance, so look for people who can give you a leg up. Someone will be glad to help you if you ask them.

SAGITTARIUS
NOV 23-DEC 21
Everything is going well for you now and life will be even more enjoyable over the next few days. You don't have to make much effort right now.

CAPRICORN
DEC 22-JAN 20
The sun in Leo puts the emphasis on your long-term wealth. Over the next few weeks you'll be more adventurous financially — but don't risk everything.

AQUARIUS
JAN 21-FEB 18
If you have fallen out with a partner, loved one or friend, or even someone you work with, make it a priority today to get back on good terms with them.

PISCES
FEB 19-MARCH 20
Someone you work with will be aggressive today but you must not be aggressive in return, or your relationship will be irrevocably damaged.

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